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## A Suggestion for Today



**SHREDDED WHOLE WHEAT**

## BISCUIT

Shredded Whole Wheat Biscuit

is perfect food because it perfectly nourishes the whole body. If you want a clear complexion, bright eyes, steady nerves and perfect digestion, acquire "The Shredded Wheat Habit."

### Poached or Scrambled Eggs on Shredded Whole Wheat Biscuit.

Moisten the Biscuit slightly with cold water. Place small bits of butter on top. Put in buttered pan in hot oven about three minutes. Re-

**THE NATURAL FOOD CO., Niagara Falls, N. Y.**

Berries. Cocoa. Cake.  
 MONDAY.  
 BREAKFAST.  
 Fruit,

**Something New**  
 Army and Navy

Cereal. Cream.  
Eggs and Bacon. New Potatoes.  
Rolls. Coffee.

**LUNCH.**  
Sliced Cold Beef. Cucumbers.  
Scalloped Potatoes.  
Tea.

**DINNER.**  
Tomato Cream Soup. Blue

mb Fricasse.	New Peas.	from the hands and makes the
	Lettuce.	skin soft, clean and pretty.
Custard Tapioca.	Coffee.	LARGE BOX, 5c.
		ALL GROCERS.
TUESDAY.		
BREAKFAST.		
Cereal.	Fresh Berries.	Eggs.
zzled Dried Beef.	Hominy.	

CRUET'S COCOA

White Muffins. Coffee.

LUNCH.

Shrimps a la Creole.  
Stuffed Potatoes.  
German Coffee Cake.

Tea.

DINNER.

Noodle Soup.  
Mashed Potatoes.

Baked Omelette.

CROFT'S COCOA

SWISS MILK

No easier food

Cheese. Coffee.  to digest.  
Baked Snails. Fruit Salad. Wafers.

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**CULTIVATION IN GINSENG.**

rapidly Becoming a Profitable Industry.

**Hurrah for the Fourth**

Ginseng is being cleared out of central Wisconsin rapidly," said G. S. Banks of the state game warden's office. "The game warden's office at the Raleigh, "but the Indians around Horicon lake still manage to get enough of it each season to get on a little drunk with the proceeds. I have never been able to learn just what is done

the root, although I know it is shipped to China, where it is used for many purposes. What disease it is supposed to be a mystery to me. The root when dried is shaped something like a small carrot. It is not the same as the Chinese ginseng I have been told, but it makes a satisfactory substitute now that


real article has all gone. At one time the woods around Newcastle were full of it and it sold for about a dollar a pound. The producers gradually came to realize that the men to whom they were selling it were making an enormous profit, so they raised their prices about a thousand percent and then kept it going up. The demand has never lessened now, but it is so high that there will be no surplus.

...the happier combination could possibly be obtained than these two together. On one hand you have the great day of the year—the other the of the year. CULMATHER is a pure, creamy Beer—a third statistic and invigorator of the ideal summer beverage. \$4.95 per. for \$1.25.

**Washington Brewery Co.**  
4th and F Sts. N.E. Phone E. 2  
4, 1st & 11th Sts. 40

**Danger in Decayed Fruit.**  
 from the Chicago Record-Herald.

The work of protecting Chicago from  
 the decayed, adulterated or otherwise  
 injurious articles of food is enough to keep  
 the inspectors of the city health depart-  
 ment continually on the alert. One branch



**You Can  
 Drink  
 Glass**

It seems to have been overlooked, of late, that that is the watch for spoiled fruit, especially such as is exposed for sale on the street fruit stands. It is hard to draw the line between fruit that is safe to eat and fruit that is decayed till it is beyond the danger line. That much that is sold menaces the health of the purchasers is, how-


# Mires

## Rootbeer

It will do you

good, and the more you drink the better you like it. It's not only the best of tonics, but the most refreshing and healthful of all beverages for hot weather.

Sold every where, or



to get rid of these stands, and probably will succeed when it can secure the backing of the temporary injunctions which the vendors have protected themselves. In the meantime there is no reason why the health ordinances should not be vigorously enforced. The injunctions do not authorize the sale of rotten fruit.

One Hundred Years Old.

from the Chicago News.

Countess Gientworth, a noted Englishwoman, celebrated her 100th birthday yesterday.

"My old friend Pery, in the capacity of Lord Gientworth, is going to be married to Maria Villebois—a fortunate woman. I think to find herself a countess."

all." So wrote Dineali to his sister  
1838. The Pery in question had, by the  
of his father, taken the courtesy  
of Lord Glentworth, but he died few  
weeks before his grandfather, the Earl of  
Derby. The untimely death of her hus-  
band, after eight years of married life,

vented Maria Villebois from becoming more than a courtesy viscountess—a title she retained after her second marriage. It was sixty-four years since Dierael wrote, on the death of Lord Glentworth: "The lady chief sign of weakness to be detected in her advanced age. Even when over ninety years old she was daily abroad in her carriage paying attention to every detail of life upon her farm."